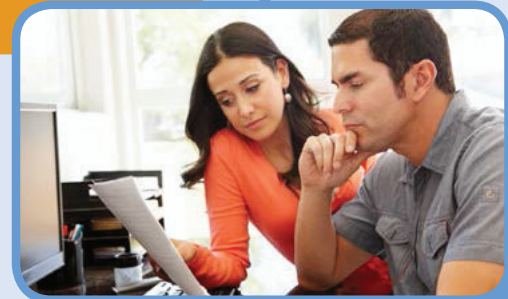


Your Employee Assistance Program (EAP)

Call: 888.275.1205, Option 7



"I was very hesitant to call but I am so glad I did. Thanks for this service."

"This is just what I needed and wanted to thank you."

"I was blown away by the kindness of my initial call and am very happy with my counselor. What a great benefit and I sure hope my co-workers take advantage!"

"Process was very quick and informational."

"Wonderful. A lot of progress in such a short time."

"Everything went really smooth. I'm grateful for this service."

Online: guidanceresources.com App: GuidanceResources® Now Web ID: SOKEAP



Your Employee Assistance Program (EAP)

Addressing All Elements of Your Well-being

Not only is your EAP easy to access, it also connects you to resources for all aspects of well-being: Social, Workplace, Health, Financial and Community. Best of all, it's available to all employees and their household members.



Social Well-being - Friends & Family

Immediate telephone access to master's-degreed clinicians and up to eight confidential counseling sessions will help you manage issues related to friends and family, parents and partners. Your EAP can support you in the good times, too, with wedding and party planning resources, child care referrals, elder care guidance and more.



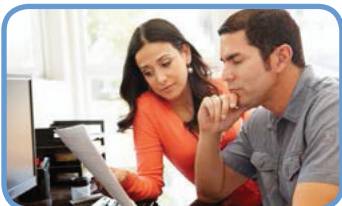
Workplace Well-being - Career Development

Whether you're looking to improve your workplace relationships, hone presentation skills or go back to school, you can visit GuidanceResources® Online to tap into powerful search functions, a virtual library of HelpSheetsSM, articles, referral sources and more.



Health Well-being - Mind, Body, & Soul

GuidanceResources Online is chock full of fitness tips and nutrition information to help improve your health regardless of your fitness or performance level.



Financial Well-being - Money Matters

You can call or log on to get personal financial information, housing tips, even access to legal counsel for tough times like divorce, eviction or foreclosure. For better times, like planning for a new baby, budgeting for a home addition or saving for college, Certified Financial Planners® connect you to the tools and tactics you need to succeed.



Community Well-being - Staying Involved

Your EAP can help connect you to your community. When you need referral or support services, we can investigate all the options and can help ensure a good fit. Specialists mine data-rich resources so you are empowered with detailed, problem-solving solutions.

Here when you need us.

Call: 888.275.1205, Option 7 TDD: 800.697.0353

Online: guidanceresources.com

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